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## Ironman gravity 4000 inversion table manual

Conveniently located, with a special soft coating Up to 180 degrees pivot The user can adjust the height and reverse degree Additional stability Non-skid stabilizers for greater stability during exercise Using the IRONMAN INVERSION TABLE Do not use this equipment for those who have the following conditions or diseases : Pregnancy. Extreme weight problems. Middle ear infection. A hiatus hernia or a ventral hernia. Glaucoma, retinal detachment or conjunctivitis. Use of anticoagulants, including high-dose aspirin. Spinal Injuries. Cerebral Sclerosis, or Joints Really Hurt or circulatory disorders that you are treated. High blood pressure, hypertension, recent effusion, or transient ischemic attack. Bone weakness Fragile bones, unhealed fractures, modular pins or surgically implanted memory foam supports. The exercises start gradually: reverse only 15–20 levels to start. Get inverted just as long when you're comfortable. Gradually return if you find it uncomfortable Make gradual changes: increase the position only if you are comfortable. Increase the angles only a few levels at any time. You may want to improve your routine from 1-2 minutes to five minutes with a time. Only achieve this if you find it comfortable, so pay attention to the body. Reverse how comfortable you are. Through inversion, always check how you are feeling. If you start to feel nauseous during use, appear once you can. Gradually appear, dizziness after a session means that you emerged very quickly. Wait a minimum of 2 hours after consumption to make use of the inversion table. All inversion benefits could be gained without being able to reverse completely small levels of inversion will give you exactly the same benefits. Don't push yourself to higher levels of inversion if you're not comfortable. Reverse regularly: We advise you 2 or 3 occasions a day based on your current condition to speak with your personal care physician. We advise you to reverse the same time period daily to achieve the best inversion results. I am Michael Jones and support this blog with a group of authors composed of Personal Trainers, Physiotherapist and fitness equipment vendors. This site uses cookies to improve your experience. We'll assume you're okay with this, but you can choose to leave if you want. Cookie settingsOKPrivacy & Cookies Policy Modified at: Ter, 28 Aug, 2018 at 8:42 AM Product Manual for item #5402 Found useful? Yes, NoSend feedback Sorry we can't help. Help us improve this article with your feedback. Top reviews The latest major revisions 1 2 3 4 Table of Contents 5 6 7 8 10 11 11 13 14 15 16 17 18 19 20 The IRONMAN Gravity 4000 inversion table is built with a durable tubular steel structure with a scratch-resistant powder-coated finish. Vinyl covered memory foam covered cover-up for a comfortable head and back. It features heavy-duty non-slip rubber floor stabilizers that provide inverter stability. Extra-long safety handles provide easy return to the upright position and vinyl safety covers are added for safety. Ergonomically molded ankle supports provide comfort and safety. When not in use, gravity 4000 can be bent. Construction Characteristics Extra wide tubular steel frame for additional weight support Foam resistant powder coated finish Extra-long safety handles Sturdy rubber floor stabilizers resistant rubber non-skid dreadresistant to prevent any movement during inversion Memory Memory Vinyl covered with double stitched Ankle pads ergonomically molded securely and comfortably Gravity 4000 will reverse up to Grades Supports up to 350 lbs 3 adjustments to different initial inversion angles Fold for storage Height adjustment up to 6'6 Easily adjustable safety rope strap controls the maximum angle of inversion Patented Easy Range Palm Activated removable lumbar pillow removable ankle lock system removable lumbar pillow for extra support lower rear vinyl side covers to protect hands and fingers Product features : 49L x 26W x 65H Folded Product Dimensions: 80H x 26W x 17D Product Weight: 76 lbs Warranty: 1 year limited + 5 extra years when You buy in Paradigmhw.com Box Dimensions: 50L x 29W x 9H Carton Weight: 86 lbs Inversion Benefits can help reduce back stress by relieving pressure on discs and ligaments of vertebrae can help reduce fatigue , stress and relaxation of the general body Can help promote stimulation of blood circulation to relieve rigid muscles May help reduce the effect of aging due to gravity May help increase body flexibility to improve athletic performance May help relieve low back pain due to sitting or standing

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